

# COMMUNITY RESOURCE GUIDE

Resident and practitioner's guide to human services and other valuable resources in  
the Norwood area



Norwood Senior Service Provider Network  
Norwood, MA 02062

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## Additional Resource Guides

<b>Department of Mental Health Director: Peter Angelos</b>	5 Randolph St., Canton 781-401-9700 <a href="http://www.mass.gov/dmh/">www.mass.gov/dmh/</a>
<b>Executive Office of Health and Human Services</b>	<a href="http://www.state.ma.us">www.state.ma.us</a>
<b>MASS 2-1-1</b> —Resources on variety of issues, including mental health screenings on whether to seek treatment	Dial: 211 or 1-877-211-MASS (6277) Hearing Impaired: 508-370-4890 (TTY) Mass211.org
<b>Mass Resources</b> —Massresources.org is a statewide web site with practical information about the many types of assistance available to those in need living in Massachusetts – what services are available, where and how to apply for benefits, eligibility requirements, benefit amounts, and answers to commonly asked questions.	<a href="http://www.massresources.org">www.massresources.org</a>
<b>The Massachusetts Commission on End of Life Care: End of Life Services Resource Guide</b> —Online searchable resource guide organized by region, provider, and service type	One Ashburton Place 5th Floor, Boston 617-222-7512 <a href="http://www.endoflifecommission.org/">http://www.endoflifecommission.org/</a>

## Adult Day Health Centers

<b>Deutsches Altenheim-Senior Place</b>	2222 Centre St., West Roxbury 617-325-1230 <a href="http://www.germancentre.org">www.germancentre.org</a>
<b>Julia Ruth House</b>	199 Canton St., Westwood 781-251-3393 <a href="http://www.thejuliaruthhouse.com">www.thejuliaruthhouse.com</a>
<b>New England Sinai Hospital</b>	150 York St., Stoughton 781-344-0600 <a href="http://steward.org/New-England-Sinai-Hospital">http://steward.org/New-England-Sinai-Hospital</a>
<b>Norfolk Adult Day Health</b>	595 Pleasant St., Norwood 781-769-4495 <a href="http://www.communityvna.com/adhc">www.communityvna.com/adhc</a>

## Advocacy Groups & Legal Services

<b>American Association of Retired Persons</b>	1 Beacon St. Suite 2301, Boston 866-448-3621 <a href="http://www.aarp.org/states/ma">www.aarp.org/states/ma</a>
<b>Executive Office of Elder Affairs (EOEA)</b>	1 Ashburton Place, 5 <sup>th</sup> floor, Boston 617-727-7750 <a href="http://www.mass.gov/elders/">www.mass.gov/elders/</a>
<b>Greater Boston Legal Service</b>	197 Friend St., Boston 617-371-1234 <a href="http://www.gbls.org">www.gbls.org</a>
<b>Mass Law Reform Institute</b>	99 Chauncy St., Suite 500, Boston 617-357-0700 <a href="http://www.mlri.org">www.mlri.org</a>
<b>Mass Legal Help</b> —Massachusetts legal aid programs put together this website to help you find practical information about your legal rights.	<a href="http://www.masslegalhelp.org">www.masslegalhelp.org</a>
<b>MetroWest Legal Services</b> —Free legal aid to low-income people	63 Fountain Street, Suite 304, Framingham (508) 620-1830 (800) 696-1501 <a href="http://www.mwlegal.org/">http://www.mwlegal.org/</a>

## Alcohol/ Substance Abuse

<b>Billings/ Bay State Community Services</b> —Addiction Counseling Services	99 Central St., Norwood 781-762-0060 <a href="http://www.baystatecs.org">www.baystatecs.org</a>
<b>Gosnold Outpatient Counseling Center</b> —Addiction Counseling Services	111 Torrey St., Brockton 800-444-1154 <a href="http://www.gosnold.org">www.gosnold.org</a>
<b>NORCAP</b> —Offers inpatient care	71 Walnut Street, Foxboro 800-331-2900 ext. 2 <a href="http://steward.org/Substance-Abuse">http://steward.org/Substance-Abuse</a>
<b>Riverside Community Care</b>	781-769-8674 190 Lenox St., Norwood <a href="http://www.riversidecc.org">www.riversidecc.org</a>

## Alzheimer's Assistance

<b>Alzheimer's Association</b> —Information and Referrals	311 Arsenal St., Watertown 800-272-3900 <a href="http://www.alzmass.org">www.alzmass.org</a>
<b>Alzheimer's Day Health Center</b>	New England Sinai Hospital 150 York St, Stoughton 781-297-1375 <a href="http://steward.org/New-England-Sinai-Hospital">http://steward.org/New-England-Sinai-Hospital</a>
<b>MedicAlert + Alzheimer's Association Safe Return</b> —Medical IDs and 24/7 Wanderer Support	888-572-8566 <a href="http://www.medicalert.org/">http://www.medicalert.org/</a>
<b>Norfolk Adult Day Health Center</b> —Alzheimer's caregiver support group	595 Pleasant Street Norwood, MA 02062 781-769-4495
<b>St. Timothy's Catholic Church</b> —Alzheimer's caregiver support groups	St. Timothy's Parish, 650 Nichols Street, Norwood 781-769-2522 <a href="http://sttim.net/">http://sttim.net/</a>
<b>StilMee</b> —Alzheimer coaching for caregivers	157 Wilson Ave., Quincy 617-328-3400 <a href="http://www.stilmee.com">www.stilmee.com</a>
<b>Sunrise Senior Living of Norwood</b> —Support group & specialized environment/programs for individuals with Alzheimer's	86 Saunders Rd., Norwood 781-762-1333 <a href="http://www.sunriseseniorliving.com">www.sunriseseniorliving.com</a> Sunrise of Norwood Alzheimer's Caregiver Support Group 2 <sup>nd</sup> Saturday of Every Month 10Am Hosted by StilMee the leaders in Alzheimer's Coaching

## Ambulances

<b>Alert EMS</b>	800-950-6299
<b>American Ambulance</b>	617-361-4800
<b>Brewster</b>	617-983-1000
<b>Eascare</b>	617-464-1600
<b>Fallon</b>	1-888-FALLONS 617-745-2100
<b>Lifeline</b>	877-873-8586
<b>Rapid</b>	781-575-0777

## Assisted Living & Rest Home Options

<b>Arbors Assisted Living</b>	2121 Central St., Stoughton 781-344-0310 <a href="http://www.arborsassistedliving.com">www.arborsassistedliving.com</a>
<b>Avery Crossings</b>	110 West St., Needham 781-444-6655 <a href="http://www.kindredaveryassisted.com">www.kindredaveryassisted.com</a>
<b>Avita of Needham A Northbridge Assisted Living Community</b>	880 Greendale Avenue, Needham 781-444-2266 <a href="http://www.avitaofneedham.com">www.avitaofneedham.com</a>
<b>Canterbury Woods</b>	100 Garfield Ave., Attleboro 508-222-2868 <a href="http://www.christopherheights.com">www.christopherheights.com</a>
<b>Emmanuel House Residence</b> —Affordable options for low income elders	25 East Nilsson St., Brockton 508-588-5334 <a href="http://www.emmanuelhs.org">www.emmanuelhs.org</a>
<b>Landmark Senior Living</b> —Affordable options for low income elders	63 Parker Hill Ave, Boston 617-975-0110 <a href="http://www.landmarkseniorliving.com">www.landmarkseniorliving.com</a>
<b>Mount Pleasant Home</b> —Affordable options for low income elders	301 S. Huntington Ave, Jamaica Plain 617-524-9231 <a href="http://www.mountpleasanthome.org">www.mountpleasanthome.org</a>
<b>Networks Supported Living Services/Enable, Inc.</b> —Case management supports for adults with disabilities living in their own homes and apartments	603 Neponset Street, Canton, MA 02021 781-821-1386 x 500 Fax 339-502-6712 <a href="http://www.enableinc.org/networks.html">http://www.enableinc.org/networks.html</a>
<b>New Pond Village</b>	180 Main St., Walpole 508-66-1555 <a href="http://www.newpondvillage.com">www.newpondvillage.com</a>
<b>Orchard Cove Hebrew Senior Life</b>	One Del Pond Drive, Canton 781-821-0820 <a href="http://www.orchard-cove.com">www.orchard-cove.com</a>
<b>Sophia Snow Place</b> —Affordable options for low income elders	1205-1215 Centre St., Roslindale 617-325-7900 <a href="http://www.sophiasnowplace.org">www.sophiasnowplace.org</a>
<b>Sunrise Senior Living of Norwood</b>	86 Saunders Rd., Norwood 781-762-1333 <a href="http://www.sunriseseniorliving.com">www.sunriseseniorliving.com</a>
<b>Traditions of Dedham</b> —Affordable options for low-income elders	735 Washington St., Dedham 781-251-9330 <a href="http://www.traditionsofdedham.com">www.traditionsofdedham.com</a>



## Blind Services/ Visually Impaired

<b>Mass Equipment Distribution Program (EDP)</b> —Specialized phones for people with disabilities	1-800-300-5658 (voice / TTYL) <a href="http://www.massEDP.com">www.massEDP.com</a>
<b>Mass Commission for the Blind</b>	48 Boylston St., Boston 800-392-6450 <a href="http://www.mass.gov/mcb">www.mass.gov/mcb</a>
<b>Visions of Independence</b>	34 Crest Road Way, Sharon 781-784-3320 <a href="http://www.visionsofindependence.com">www.visionsofindependence.com</a>

## Caregiver Support

<b>Family Caregiver Support Program HESSCO Elder Services</b>	1 Merchant St., Sharon 781-784-4944 <a href="http://www.hessco.org">www.hessco.org</a>
<b>Norfolk Adult Day Health Center</b> — free, monthly caregiver support groups	595 Pleasant St, Norwood 781-769-4495 <a href="http://www.communityvna.com/adhc">www.communityvna.com/adhc</a>
<b>Mansfield Adult Day Health Center</b> —free, monthly caregiver support groups	300 Branch St., Mansfield 508-339-2119
<b>StilMee</b> —Alzheimer coaching for caregivers	157 Wilson Ave., Quincy 617-328-3400 <a href="http://www.stilmee.com">www.stilmee.com</a>
<b>St. Timothy's Catholic Church</b> —Alzheimer's caregiver support groups	St. Timothy's Parish, 650 Nichols Street, Norwood 781-769-2522 <a href="http://sttim.net/">http://sttim.net/</a>

## Cleaning & Organizational Services

<b>All Chores Considered</b> —Residential organizing and clutter control in homes, offices, or downsizing.	Norwood, MA 781 – 428 – 5145 <a href="http://www.allchoresconsidered.com">www.allchoresconsidered.com</a>
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## Clothing Assistance

<b>Salvation Army Family Store</b>	1202 Boston Providence Tpke., Norwood 781-440-0235 Mon. –Sat. 9am-8pm
<b>Women's Community Committee, Inc. Thrift Shop</b>	1091 Washington Street, Norwood 781-762-2991 Wed. 6-8pm Thurs. 9:30am-3pm (Jul – Aug) Sat. 9:30am-12:30pm <a href="http://www.norwoodthriftshop.com">www.norwoodthriftshop.com</a>

## Clubhouses

<b>Elliot House</b>	255 Highland Ave., Needham 781-449-1212 <a href="http://www.elliothouse.org">www.elliothouse.org</a>
<b>Crosscurrent</b>	11 Williams Street, Hopedale (508) 473-4715 <a href="http://www.crossroadsclubhouse.org">www.crossroadsclubhouse.org</a>
<b>MA Clubhouse Coalition</b>	15 Vernon St, Waltham 781-788-8803 <a href="http://www.massclubs.org">www.massclubs.org</a>
<b>Neponset River House</b> — A service of Riverside Community Care; Recovery services offering support and services to help adults with mental illness.	595 Pleasant Street Norwood, MA 02062 1-781-762-7075 <a href="http://www.neponsetriverhouse.org">www.neponsetriverhouse.org</a>

## Community Health Center

<b>Brockton Neighborhood Health Center</b>	63 Main St, Brockton 508-559-6699
<b>The Elder Dental Program</b> —Reduced Dental Fees for Low Income Elders	c/o NADHC 10 Emory St., Attleboro, MA 02703 781-769-3710 <a href="http://elderdental.communityvna.com">http://elderdental.communityvna.com</a>
<b>Martha Eliot Health Center (Children)</b>	75 Bickford St, Jamaica Plain 617-971-2100
<b>Roslindale Medical &amp; Dental Center</b>	4199 Washington St, Roslindale 617-323-4440

## Council on Aging

<b>Norwood Senior Center</b> — Outreach worker, transportation options, Support groups for various conditions, various and day actives	275 Prospect St., Norwood 781-762-1201 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a>
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## Dental Assistance

<b>The Elder Dental Program</b> —Reduced Dental Fees for Low Income Elders	595 Pleasant St., Norwood 781-769-3710 <a href="http://www.communityvna.com/elderdental/">http://www.communityvna.com/elderdental/</a>
<b>Mass Health Enrollment Center</b> —Mass. Health participants are eligible for free Dental Services	21 Spring St., Suite 4, Taunton 800-242-1340 <a href="http://www.mass.gov/masshealth">www.mass.gov/masshealth</a>
<b>Metropolitan District Dental Society</b>	209 West Central St., Suite 209, Natick 800-834-0051 <a href="http://www.massdental.org">www.massdental.org</a>

## Developmental Disabilities

<b>Dept. of Developmental Disabilities</b> —Case management for eligible people	125 West St., Walpole 508-668-3679 <a href="http://www.mass.gov/dds">www.mass.gov/dds</a>
<b>Mass Rehab Commission Home Care Assistance Program</b>	600 Washington St., Boston 800-223-2559 ex.3 <a href="http://www.mass.gov/mrc">www.mass.gov/mrc</a>
<b>McLean Hospital Geriatric Psychiatry Program</b>	115 Mill St., Belmont 617-855-3183 <a href="http://www.mcleanhospital.org">www.mcleanhospital.org</a>
<b>Nizhoni Health Systems</b> — Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management	5 Middlesex Ave Suite 404, Somerville 800-915-3211 <a href="http://nizhonihealth.com/">http://nizhonihealth.com/</a>
<b>Riverside Outpatient Center</b> —Outpatient & substance abuse counseling and case management services	190 Lenox St., Norwood 781-769-8670

## Disabled Person Services

<b>MA Disabled Person Protection Commission</b>	888-822-0350 617-727-6465 <a href="http://www.mass.gov/dppc">www.mass.gov/dppc</a>
<b>MA Office on Disability</b>	800-322-2020 617-727-7440 <a href="http://www.mass.gov/mod">www.mass.gov/mod</a>

## Domestic, Violence, Rape & Women's Shelters

<b>Battered Women's Hotline SafeLink Toll free</b>	877-785-2020 TTY: 877-521-2601
<b>Batterer Intervention Service RESPECT Toll free line</b>	877-222-0083 <a href="http://www.new-hope.org/respect">www.new-hope.org/respect</a>
<b>Boston Area Rape Crisis Center</b>	800-841-8371
<b>Brockton Family &amp; Community Resources</b>	508-583-5200 <a href="http://www.fcr-ma.org">www.fcr-ma.org</a>
<b>Dept. of Corrections Victims Services Unit</b>	866-6-VICTIM
<b>Dove (Quincy) 24 Hour Hotline</b>	617-471-1234 888-314-3683 <a href="http://www.doveinc.info">www.doveinc.info</a>
<b>Emerge: Counseling &amp; Education to Stop DV</b>	617-547-9879 <a href="http://www.emergedv.com">www.emergedv.com</a>
<b>Jane Doe, Inc. Coalition Against DV</b>	877-785-2020 <a href="http://www.janedoe.com">www.janedoe.com</a>
<b>Mass. Office for Victim Assistance</b>	617-272-5200 <a href="http://www.mova.state.ma.us">www.mova.state.ma.us</a>
<b>Mass. Victim Compensation &amp; Assistance</b>	617-272-2200 <a href="http://www.mass.gov">www.mass.gov</a>
<b>Nation Domestic Violence Hotline</b>	Toll-free multilingual hotline: 800-799-SAFE (7233) Toll-free TTY: 800-787-3224 <a href="http://www.thehotline.org">www.thehotline.org</a>
<b>New Hope Violence and Rape Crisis Hotline</b>	800-323-HOPE <a href="http://www.new-hope.org/domestic-violence.html">www.new-hope.org/domestic-violence.html</a>
<b>Penelope's Place 24 Hour Emergency Hotlines</b>	Sexual assault: 508-588-8255 Domestic violence: 508-588-2041 Toll-free hotline: 888-293-7273 En Espanola: 800-223-5001 <a href="http://www.hcsm.org/dfhs/wcc.htm">www.hcsm.org/dfhs/wcc.htm</a>
<b>REACH (Refuge, Education, Advocacy, Change) Hotline</b>	800-899-4000 <a href="http://www.reachma.org">www.reachma.org</a>
<b>Spanish Domestic Violence Hotline</b>	800-223-5001
<b>Woman's Place Shelter (Brockton)</b>	508-588-2045 (Lenira Peters or Erin Banner) <a href="http://www.bridgew.edu/homelessness/WomansPlace.cfm">www.bridgew.edu/homelessness/WomansPlace.cfm</a>

## Drug & Alcohol Abuse Resources

<b>Alcoholics Anonymous</b>	617-426-9444 <a href="http://www.alcoholics-anonymous.org">www.alcoholics-anonymous.org</a>
<b>Baystate Community Services</b>	781-762-0060 <a href="http://www.baystatecs.org">www.baystatecs.org</a>
<b>CADCA (Community Anti-Drug Coalitions of America)</b>	<a href="http://www.cadca.org">www.cadca.org</a>
<b>Check Yourself</b>	<a href="http://www.checkyourself.org">www.checkyourself.org</a>
<b>CSAT (Center for Substance Abuse Treatment)</b>	<a href="http://www.samhsa.org/about/csat.aspx">www.samhsa.org/about/csat.aspx</a>
<b>FAVOR (Faces and Voices of Recovery)</b>	202-737-0690 <a href="http://www.facesandvoicesofrecovery.org">http://www.facesandvoicesofrecovery.org</a>
<b>Life After</b>	<a href="http://www.lifeafter.drugfree.org">www.lifeafter.drugfree.org</a>
<b>MA Substance Abuse Information &amp; Education Helpline</b> —Info & referral on alcohol and drug abuse services, programs, & related concerns	800-327-5050 TTY: 888-448-8321 <a href="http://www.helpline-online.com">www.helpline-online.com</a>
<b>NAATP (National Association of Addiction Treatment Providers)</b>	<a href="http://www.naatp.org">www.naatp.org</a>
<b>Narcotics Anonymous</b>	866-624-3578 <a href="http://www.na.org">www.na.org</a> <a href="http://www.newenglandna.org">www.newenglandna.org</a>
<b>NASADAD (The National Association of State Alcohol and Drug Abuse Directors)</b>	<a href="http://www.nasadad.org">www.nasadad.org</a>
<b>NCADD (National Council on Alcoholism and Drug Dependence)</b>	617-482-5292 <a href="http://www.ncadd.org">http://www.ncadd.org</a>
<b>NIAAA (National Institute on Alcohol Abuse &amp; Alcoholism)</b>	<a href="http://www.niaaa.nih.org">www.niaaa.nih.org</a>
<b>NIDA (National Institute on Drug Abuse)</b>	240-276-1660
<b>NORCAP Detox Program</b>	800-331-2900
<b>PDFA (Partnership for a Drug Free America)</b>	<a href="http://www.drugfree.org">www.drugfree.org</a>
<b>SAMHSA (Substance Abuse &amp; Mental Health Services Administration)</b>	<a href="http://www.samhsa.gov">www.samhsa.gov</a>
<b>Substance Abuse Hotline</b>	800-327-5050 <a href="http://www.helpline-online.com">www.helpline-online.com</a>
<b>Time to Talk</b>	<a href="http://www.timetotalk.org">www.timetotalk.org</a>

### Drug Stores/ Pharmacies

<b>Betro's Pharmacy</b> —Home delivery/medication	965 Main St., Walpole 508-668-0018
<b>CVS</b> —24 hr. service	136 Nahatan St., Norwood 781-769-2422
<b>Rite Aid</b>	991 Providence Highway, Norwood 781-762-5005
<b>Rite Aid</b> —Home delivery/medication (only the 469 Walpole St location)	469 Walpole St., Norwood 781-769-5400
<b>Walgreens</b> —Home delivery/medication	683 High St, Westwood (781) 329-4420
<b>Walgreens</b>	951 Providence Highway, Norwood 781-762-1561
<b>Walmart Pharmacy</b> —Mail Out Delivery	550 Providence Highway, Walpole 508-668-5959

### Dual Recovery

<b>Al-Anon and Alateen</b> —Support meetings for those affected by someone else's drinking	508-366-0556 <a href="http://ma-al-anon-alateen.org">http://ma-al-anon-alateen.org</a>
<b>Dual Recovery Anonymous</b>	<a href="http://draonline.org">http://draonline.org</a>
<b>MA Clubhouse Coalition</b> —Dual recovery and dual recovery anonymous meetings in MA	781-788-8803 <a href="http://massclubs.org/DRMeetingList.pdf">http://massclubs.org/DRMeetingList.pdf</a>
<b>Narcotics Anonymous</b> —New England regional phone line	866-NA-HELP-U (624-3578) <a href="http://www.nerma.org">www.nerma.org</a>

### Eating Disorder Resources

<b>MEDA</b> —Support groups & resources for eating disorders	866-343-MEDA
<b>Walden Behavioral Care</b>	781-647-6727 <a href="http://www.waldenbehavioralcare.com">www.waldenbehavioralcare.com</a>

### Education Resources

<b>Parent/Professional Advocacy League (PPAL)</b>	45 Bromfield St., 10th Floor Boston 866-815-8122 <a href="http://www.ppal.net">www.ppal.net</a>
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## Elder Information & Referral

<b>CJP Senior Direct</b> —Elder Care Advice	1430 Main St., Waltham 800-980-1982 <a href="http://www.cjpseniordirect.org">www.cjpseniordirect.org</a>
<b>HESSCO Elder Services</b> —Free info & referral for elders	1 Merchant St., Sharon 781-784-4944

## Elder Issues & Services

<b>AgeInfo</b> —Info on the state's prescription medication program for elders and other elder services and programs	<a href="http://www.800ageinfo.com">www.800ageinfo.com</a>
<b>Avita of Needham, A Northbridge Assisted Living Community</b>	880 Greendale Ave, Needham 781-444-2266 <a href="http://www.avitaofneedhma.com">www.avitaofneedhma.com</a>
<b>Elder Dental Program</b> — Reduced Dental Fees for Low Income Elders	595 Pleasant St., Norwood 781-769-3710 <a href="http://www.communityvna.com/elderdental/">http://www.communityvna.com/elderdental/</a>
<b>HESSCO Elder Services</b>	781-784-4944 <a href="http://www.hessco.org">www.hessco.org</a>
<b>Home Instead Senior Care</b>	1420 Boston Providence Turnpike, Suite. 267 Norwood, MA 02062
<b>MA Dept. of Public Health, Office of Healthy Aging</b> —Info on opportunities for older people to hear about & take responsibility for their health	413-527-6425 <a href="http://www.mcoonline.com/content/wellness/mdhp.php">www.mcoonline.com/content/wellness/mdhp.php</a>
<b>MA Elder Abuse Hotline</b>	800-922-2275
<b>MA Prescription Advantage Program</b> —Medication info and assistance	800-AGE-INFO (243-4636) TTY: 877-610-0241 <a href="http://www.massresources.org/prescription-advantage.html">www.massresources.org/prescription-advantage.html</a>
<b>MassMedLine</b> —Info about free or low-cost prescription programs, and answers to health and medication questions. Interpreter services available	866-633-1617 <a href="http://www.massmedline.com">www.massmedline.com</a>

<b>Networks Supported Living Services/Enable, Inc.</b> — Case management supports for adults with disabilities living in their own homes and apartments	603 Neponset Street, Canton, MA 02021 781-821-1386 x 500 Fax 339-502-6712 <a href="http://www.enableinc.org/networks.html">http://www.enableinc.org/networks.html</a>
<b>Nizhoni Health Systems</b> — Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management	5 Middlesex Ave Suite 404, Somerville 800-915-3211 <a href="http://nizhonihealth.com/">http://nizhonihealth.com/</a>
<b>Norfolk Adult Day Health</b>	595 Pleasant St, Norwood 781-769-4495 <a href="http://www.communityvna.com/adhc">www.communityvna.com/adhc</a>
<b>Norwood Housing Authority</b> — Resident Services- resident service coordination for current residents and their families.	40 William Shyne Circle, Norwood 781-762-8115 x208 (main office site) 781-702-5508 (Maguire site) <a href="http://www.norwoodha.org">www.norwoodha.org</a>
<b>Norwood Council on Aging &amp; Senior Center</b> — Referral for elder services, legal services, financial ( Assistance w/ SNAP Applications/Fuel Assistance for 60+ etc.), medical, daily recreational activities, outreach services, and a variety of other services	275 Prospect St, Norwood 781-762-1201 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a> (“Senior Center” under “Department” tab)
<b>Norwood Senior Center, Council on Aging</b> — Outreach worker, transportation options, Support groups for various conditions, various and day actives	25 Prospect St, Norwood 781-762-1201 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a>
<b>Right at Home In-Home Care &amp; Assistance</b> —Provide private pay in-home care, we also contract with HESSCO and Bristol Elder Services to provide services to seniors.	10 Lincoln Road, Suite 116, Foxborough 508-668-8001 <a href="http://www.bostonsw.rightathome.net">www.bostonsw.rightathome.net</a>
<b>VNA Care Network and Hospice</b>	800-728-1862 <a href="http://www.vnacarenetwork.org">www.vnacarenetwork.org</a>
<b>Westwood Council on Aging</b> —Dedicated to serving seniors and assisting their families and friends with aging issues	60 Nahatan Street Westwood, MA 02090 781-329-8799 (office)
<b>Your Medicine: Play it Safe</b> —Includes fill in medication chart	800-358-9295 <a href="http://www.ahrq.gov">www.ahrq.gov</a>



## Emergency Services

<b>Norwood Fire Department</b>	135 Nahatan St., Norwood 911- Emergency 781-440-5200- business line <a href="http://www.norwoodma.gov">www.norwoodma.gov</a>
<b>Norwood Police Department</b>	135 Nahatan St., Norwood 911- Emergency 781-440-5100- business line <a href="http://www.norwoodma.gov">www.norwoodma.gov</a>
<b>Riverside Emergency Services</b> —24/7 Crisis stabilization, substance abuse and risk assessment	190 Lenox St., Norwood 781-769-8674 <a href="http://www.riversidecc.org">http://www.riversidecc.org</a>

## Fair Housing Organizations

<b>Citizen's Housing &amp; Planning Association</b>	18 Tremont St, Suite 401, Boston 617-742-0820 <a href="http://www.chapa.org">www.chapa.org</a>
<b>The Fair Housing Center of Greater Boston</b>	617-399-0491 <a href="http://www.bostonfairhousing.org">www.bostonfairhousing.org</a>
<b>The Housing Discrimination Project</b> —For Central or Western MA	800-657-7309 413-539-9796 <a href="http://www.massfairhousing.org">www.massfairhousing.org</a>

## Family Services

<b>Department of Social Service Hotline</b> —Hotline to report suspicions of child abuse or neglect	1-800-792-5200
<b>Jewish Family &amp; Children's Service</b>	781-647-JFCS (5327) <a href="http://www.jfcsboston.org">www.jfcsboston.org</a>
<b>Lifeworks</b> —Provides homes, jobs, education, and supportive living for people with developmental disabilities	781-762-4001 <a href="http://www.lifeworks.org">www.lifeworks.org</a>
<b>March of Dimes MA Chapter</b>	508-366-9066 <a href="http://www.marchofdimes.com/massachusetts">www.marchofdimes.com/massachusetts</a>
<b>MSPCC</b> —A private nonprofit society dedicated to leadership in protecting and promoting the rights and well being of children and families	617-587-1500 <a href="http://www.mspcc.org">www.mspcc.org</a>
<b>Norfolk Adult Day Health Center</b>	781-769-4495
<b>Planned Parenthood</b>	800-258-4448 <a href="http://www.plannedparenthood.org/ma/">www.plannedparenthood.org/ma/</a>
<b>Riverside Community Care</b> —Community Service Agency, In-Home Therapy, Therapeutic Mentoring, Child Day Services	190 Lenox St., Norwood 781-769-8674 <a href="http://www.riversidecc.org">www.riversidecc.org</a>
<b>Social Security Office</b>	1 Edgewood Dr, Suite 102, Norwood 866-563-9533
<b>South Norfolk County Arc</b> —Advocates for and provides supports and services to people disabled by mental retardation and other developmental disabilities and to their families	781-762-4001 <a href="http://www.sncarc.org">www.sncarc.org</a>

## Food Pantries

<b>Dedham Food Pantry</b>	600 Washington St, Dedham (Dedham Plaza) 781-320-9442
<b>Norwood Ecumenical Food Pantry</b>	150 Chapel St, Norwood 781-769-0425
<b>USCC/Hyde Park Food Pantry</b>	1179 River St, Hyde Park 617-839-0985
<b>Westwood Council on Aging</b>	60 Nahatan St, Westwood 781-329-8799

## Food Resources – See also Meal Site section

<b>HESSCO Meals on Wheels</b>	One Merchant St, Sharon Ma 02067 781-784-4994 <a href="http://www.hessco.org">www.hessco.org</a>
<b>Info on Food Stamps</b>	<a href="http://www.gettingfoodstamps.org">www.gettingfoodstamps.org</a>
<b>Info on School Meals</b>	<a href="http://www.meals4kids.org">www.meals4kids.org</a>
<b>Norwood Council on Aging &amp; Senior Center</b> —SNAP Applications Assistance, elder services referrals, legal services, financial assistance, medical, daily recreational activities, outreach services, lunch program, and a variety of other services	275 Prospect St, Norwood 781-762-1201 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a> (“Senior Center” under “Department” tab)
<b>Norwood Meals on Wheels</b>	135 Ellis Ave, Norwood 781-769-9061 <a href="http://www.mealcall.org">www.mealcall.org</a>
<b>Office of Transitional Assistance</b>	617-348-8500 Food Stamps Benefit Hotline: 866-950-3663
<b>Project Bread, The Food Source Hotline</b>	800-645-8333 <a href="http://www.projectbread.org">www.projectbread.org</a>
<b>SERVE New England</b> —Information on low-cost food	888-742-7363 <a href="http://www.bostonresourcenet.org/assistance/food-serve.htm">www.bostonresourcenet.org/assistance/food-serve.htm</a>
<b>Serve New England Food Coop, St Timothy Church</b>	781-769-9228 <a href="http://www.unitedchurchofnorwood.org">www.unitedchurchofnorwood.org</a>
<b>United Church of Norwood</b> —Meal program	781-762-2589 <a href="http://www.unitedchurchofnorwood.org">www.unitedchurchofnorwood.org</a>
<b>Women, Infants &amp; Children</b> —Info on nutrition and health services for women, infants, and children	800-942-1007 <a href="http://www.massresources.org/wic.html">www.massresources.org/wic.html</a>

## Fuel Assistance

<b>Massachusetts Energy Assistance</b> —Website with collection of resources to help low-income households pay for their heating fuel and other utilities	<a href="http://massresources.org/energy.html">http://massresources.org/energy.html</a>
<b>Norwood Council on Aging &amp; Senior Center</b> — Assists with Fuel Assistance applications for individuals 60+, referral for elder services, legal services, financial (SNAP Applications etc.), medical, daily recreational activities, outreach services, and a variety of others	275 Prospect St, Norwood 781-762-1201 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a> (“Senior Center” under “Department” tab)
<b>Town of Norwood: Fuel Assistance Hotline</b>	800-225-0875

## Funeral Homes

**(most offer pre-paid burial arrangements)**

<b>Gillooly Funeral Home</b>	126 Walpole St., Norwood 781-762-0174 <a href="http://www.gilloolyfuneralhome.com">www.gilloolyfuneralhome.com</a>
<b>Kraw Kornack Funeral Home</b>	1248 Washington St., Norwood 781-762-0482
<b>May Funeral Home</b>	85 Nichols St., Norwood 781-762-1509 <a href="http://www.folsonfuneral.com">www.folsonfuneral.com</a>

## Furniture Pick-up

<b>Big Brothers/Big Sisters</b>	5 Mear Road, Holbrook 800-483-5503 <a href="http://www.bbbsfoundation.org">www.bbbsfoundation.org</a>
<b>The Epilepsy Foundation</b>	888-322-8209
<b>Salvation Army</b>	209-233 Broadway St., Saugus 781-231-0803
<b>St. Vincent De Paul</b>	18 Canton St., Stoughton 800-675-2882

## Gambling

<b>Gamblers’ Anonymous, MA Hotline</b>	888-GA-HELPS (424-3577) <a href="http://www.gamblersanonymous.org/mtgdirMA.html">www.gamblersanonymous.org/mtgdirMA.html</a>
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## Gay & Lesbian Resources

<b>PFLAG (Parents &amp; Friends of Lesbians and Gays)</b>	866-427-3524 <a href="http://community.pflag.org">http://community.pflag.org</a>
<b>Bostong Alliance of Gay &amp; Lesbian, Bisexual, and Transgendered Youth</b>	617-227-4313 <a href="http://www.bagly.org">www.bagly.org</a>
<b>Fenway Community Health &amp; Violence Recovery</b>	800-834-3242 888-340-GLBT (4528)
<b>Gay Men's Domestic Violence Project</b>	800-832-1901
<b>Network for Battered Lesbian &amp; Bisexual Women</b>	Main phone: 617-423-7233 Hotline: 617-742-4911
<b>National Gay and Lesbian Hotline</b>	888-843-4564
<b>GLBT National Hotline Youth</b>	800-247-7743
<b>GLBTQ Domestic Violence Project</b> —Call for support, shelter & information	955 Massachusetts Ave., PMB 131, Cambridge 617-354-6056 (Office) 800-832-1901 (24/7) <a href="http://www.glbtqdv.org">www.glbtqdv.org</a>

## Hairdressers (Home Visits)

<b>Denise Wilbur</b>	508-384-2672
<b>Donna Thomas</b>	781-771-5466
<b>Pam Luciano</b>	617-325-6466
<b>Rachel Boor</b>	781-492-8939

## Halfway Houses

<b>Recovery Learning Community Peer Support and Peer Run Activities</b>	460 Quincy Ave, 2 <sup>nd</sup> Floor Activity Area B, Quincy 617-472-3237 <a href="http://www.metrosubrlc.org">www.metrosubrlc.org</a>
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## Health Department

<b>Norwood Health Department</b>	566 Washington St., Norwood 781-762-1240 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a>
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## Health Insurance Information

<b>MassHealth &amp; Medicaid Enrollment</b>	MassHealth Enrollment Center Central Processing Unit P.O. Box 290794 Charlestown, MA 02129-0214 1-888-665-9993 or TTY: 1-888-665-9997 <a href="http://www.mass.gov/masshealth">www.mass.gov/masshealth</a>
<b>Medicare Resources</b>	800-633-4227 <a href="http://www.medicare.gov">www.medicare.gov</a>
<b>Senior Resource Center</b> — Long-term care planning & Medicaid assistance	50 Quincy Ave., Quincy 888-869-6295 <a href="http://www.helpingelders.com">www.helpingelders.com</a>
<b>SHINE Program</b> — Free Health Insurance Info. For Medicare and Medicaid beneficiaries	One Merchant St, Sharon, MA 02067 <a href="http://www.hessco.org/SHINE">www.hessco.org/SHINE</a>
<b>Steward Norwood Hospital</b> — Patient financial counselors available to discuss plans and enrollment	800 Washington St., Norwood 781-769-4000 <a href="http://www.steward.org">www.steward.org</a>

## Hearing Aids

<b>Flynn Associates</b>	661 Washington St., Norwood 781-762-2210 <a href="http://www.flynnassociates.net">www.flynnassociates.net</a>
<b>Hearing Solutions</b>	6 Central St., Norwood 781-769-8866 <a href="http://www.hearingsolutionsinc.org">www.hearingsolutionsinc.org</a>
<b>National Hearing Aid Centers</b> —House Calls by appt.	59 Temple Place Room 661B, Boston 617-542-3373

## HIV/AIDS

<b>AIDS Hotline</b> , AIDS Action Committee of MA	800-253-2331
<b>Service Coordination Collaborative</b> —work to improve the service system for people living with HIV in different geographic regions of the state; South Shore & Southeastern MA; Healthcare of Southeastern MA (HCSM) Brockton	508-583-2250

## Home & Personal Care Assistance Programs

<b>Elder Service Plan of Harbor Health</b> —All inclusive care for elderly (PACE)	2216 Dorchester Ave., Dorchester 617-296-5100 <a href="http://www.elderserviceplan.org">www.elderserviceplan.org</a>
<b>Family Service Association Inc. Group Adult Foster Care Program (GAFC)</b> —Daily personal care program servicing, Norwood Housing Residents 21+	66 Nahatan St, Norwood 781-769-0150. 508-678-7542 <a href="http://www.frfsa.org">www.frfsa.org</a>
<b>HESSCO Elder Services</b> —Full Range of Home Assistance Programs Servicing Norwood Residents Ages 60+	1 Merchant St., Sharon 800-281-2895 <a href="http://www.hessco.org">www.hessco.org</a>
<b>Jewish Family &amp; Children Service</b> —In-home services for people with disabilities	1430 Main St., Waltham 781-647-JFCS (5327) <a href="http://www.jfcsboston.org">www.jfcsboston.org</a>
<b>Mass Rehab Home Care</b> —Home care for clients ages 18-59+	27 Wormwood St., Suite 600, Boston 617-204-3853 <a href="http://www.mass.gov/mrc">www.mass.gov/mrc</a>
<b>Options for Independent Care</b> —Personal care attendant program for people with disabilities	30 Taunton Green, Unit 8, Taunton 800-924-7570 <a href="http://www.masscp.org">www.masscp.org</a>

## Home Care Providers

<b>Affinity Home Health Care of Foxboro</b>	79 Church Green, Taunton 508-880-7914 <a href="http://www.affinityhomehealthcare.com">www.affinityhomehealthcare.com</a>
<b>All Chores Considered</b> —Private pay in home care	781-428-5145 <a href="http://www.allchoresconsidered.com">www.allchoresconsidered.com</a>
<b>Anodyne Homemaker Services of Quincy</b>	1515 Hancock St., Quincy 800-442-5581 <a href="http://www.anodyne-services.com">www.anodyne-services.com</a>
<b>Community VNA Private Care AKA HealthCare Options of Attleboro</b>	10 Emory Street Attleboro MA 02703 800-220-0110 <a href="http://www.communityvna.com">www.communityvna.com</a>
<b>Care For Life Home Health Agency, LLC</b> — Skilled nursing, physical therapy, home health aides, occupational therapy, speech therapy, medication social services, home health aid	1420 Boston Providence Tpke Suite# 200 Norwood, MA 02062 Tel: (781) 349-8178 Fax: (877) 490-3166 <a href="http://www.careforlifeagency.com">www.careforlifeagency.com</a>
<b>Family Services Association Inc. Group Adult Foster Care Program</b> —Daily personal care program, serving Norwood Housing residents 21+	66 Nahatan St, Norwood MA 781-769-0150 <a href="http://www.frfsa.org">www.frfsa.org</a>
<b>Helping Hands at Home</b>	3 Edgewater Drive, Norwood 781-551-5600
<b>Home Instead Senior Care</b>	1420 Boston Providence Turnpike, Suite. 267 Norwood, MA 02062 Tel: 781-352-4660 Fax: 781-352-4664 <a href="http://www.homeinstead.com">www.homeinstead.com</a>
<b>Right at Home In-Home Care &amp; Assistance</b> —Provide private pay in-home care, we also contract with HESSCO and Bristol Elder Services to provide services to seniors.	10 Lincoln Road, Suite 116, Foxborough 508-668-8001 <a href="http://www.bostonsw.rightathome.net">www.bostonsw.rightathome.net</a>
<b>VNA Care Network and Hospice</b>	800-728-1862



## Home Health Agencies

<b>Nizhoni Health Systems</b> — Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management	5 Middlesex Ave Suite 404, Somerville 800-915-3211 <a href="http://nizhonihealth.com/">http://nizhonihealth.com/</a>
<b>Abbott Home Health Care</b>	378 Page St., Suite 3, Stoughton 781-344-0344 <a href="http://www.abbottcare.com">www.abbottcare.com</a>
<b>Care For Life Home Health Agency, LLC</b> — Skilled nursing, physical therapy, home health aides, occupational therapy, speech therapy, medication social services, home health aid	1420 Boston Providence Tpke Suite# 200 Norwood, MA 02062 Tel: (781) 349-8178 Fax:(877) 490-3166 <a href="http://www.careforlifeagency.com">www.careforlifeagency.com</a>
<b>Community VNA</b>	10 Emory Street, Attleboro MA 02703 800-220-0110 <a href="http://www.communityvna.com">www.communityvna.com</a>
<b>Home Instead Senior Care</b>	1420 Boston Providence Turnpike, Suite 267 Norwood, MA 02062 Tel: 781-352-4660 Fax: 781-352-4664 <a href="http://www.homeinstead.com">www.homeinstead.com</a>
<b>Steward Home Care</b>	3 Edgewater Dr. Norwood 718-551-5600 <a href="http://www.steward.org/homecare">www.steward.org/homecare</a>
<b>Vista Care of MA</b>	690 Canton St., Westwood 781-407-9900 <a href="http://www.vistacare.com">www.vistacare.com</a>
<b>VNA Care Network Inc.</b>	175 Highland Ave., Needham 781-455-6661 <a href="http://www.vnacarenetwork.org">www.vnacarenetwork.org</a>
<b>Walpole Area Visiting Nurse Association</b>	55 West St., Walpole 508-668-1066 <a href="http://www.wavna.org">www.wavna.org</a>

## Hospice Programs

<b>Community VNA Hospice Care</b>	10 Emory Street, Attleboro MA 02703 800-220-0110 <a href="http://www.communityvna.com">www.communityvna.com</a>
<b>Hospice and Pallative Care Federation of MA</b> —Information & Referral abut Hospice Care	1420 Providence Highway, Norwood 781-255-7077 <a href="http://www.hospicefed.org">www.hospicefed.org</a>
<b>Good Shepherd Community Hospice</b>	90 Wells Avenue, Newton MA 02459 (617) 969-6130 <a href="http://www.gscommunitycare.org">www.gscommunitycare.org</a>
<b>Steward Hospice Care</b>	3 Edgewater Dr., Norwood 781-769-8282 <a href="http://www.steward.org">www.steward.org</a>
<b>Vista Care of MA</b>	690 Canton St., Westwood 781-407-9900 <a href="http://www.vistacare.com">www.vistacare.com</a>
<b>VNA Care Network &amp; Hospice</b>	175 Highland Ave., Needham 800-728-1862 <a href="http://www.vnacarenetwork.org">www.vnacarenetwork.org</a>

## Hospitals (Local)

<b>Beth Israel Deaconess</b>	148 Chestnut St., Needham 781-453-3000 <a href="http://www.bidmc.harvard.edu">www.bidmc.harvard.edu</a>
<b>Faulkner Hospital</b>	1153 Centre St., Jamaica Plain 617-983-7000 <a href="http://www.faulknerhospital.org">www.faulknerhospital.org</a>
<b>Newton- Wellesley Hospital</b>	2014 Washington St., Newton 617-243-6000 <a href="http://www.nwh.org">www.nwh.org</a>
<b>Steward Norwood Hospital</b>	800 Washington St., Norwood 781-769-4000 <a href="http://www.steward.org">www.steward.org</a> Interpreter Services available 24hrs.
<b>VA of West Roxbury</b>	1400 VFW Parkway, West Roxbury 617-323-7700 <a href="http://www.boston.va.gov">www.boston.va.gov</a>

## Housing

<b>Office of Transitional Assistance</b> —Families in need of shelter	617-348-8500
<b>MA Coalition of the Homeless</b>	781-595-7570 <a href="http://www.mahomeless.org">www.mahomeless.org</a>
<b>Norwood Housing Authority</b> — Local preference for people that live and work in Norwood	40 William Shyne Circle, Norwood 781-762-8115 <a href="http://www.norwoodha.org">www.norwoodha.org</a>
<b>Homelessness Resource Center</b>	<a href="http://homeless.samhsa.gov">http://homeless.samhsa.gov</a>
<b>Universal Application for State Aided Public Housing AHVP &amp; MRVP</b>	<a href="http://www.mass.gov/hed/housing/ph-manage/public-housing-applications-and-documentation.html">http://www.mass.gov/hed/housing/ph-manage/public-housing-applications-and-documentation.html</a> (Select Standard Application)
<b>Local Housing Authorities</b>	<a href="http://www.mass.gov/hed/economic/eohed/dhcd/contacts/local-housing-authority-listing.html">http://www.mass.gov/hed/economic/eohed/dhcd/contacts/local-housing-authority-listing.html</a>
<b>Housing Advocates MA Office on Disability</b>	800-322-2020 <a href="http://www.mass.gov/mod">www.mass.gov/mod</a>

## Laboratories (Diagnostic)

<b>Quest Diagnostic Lab</b>	335 Morse St., Norwood 781-769-5128 <a href="http://www.questdiagnostics.com">www.questdiagnostics.com</a>
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## Legal Rights and Sources

<b>American Civil Liberties Union (ACLU) of MA</b>	617-482-1181 <a href="http://www.aclum.org">www.aclum.org</a>
<b>Anti-Defamation League of MA</b>	617-406-6300 <a href="http://www.adl.org">www.adl.org</a>
<b>La Alianza Hispana</b> —A community based non-profit organization serving the Latino community & all residents of the surrounding neighborhoods. The goal is to empower individuals and families, strengthen communities and develop leaders through high-quality education and social services, advocacy and community organizing	617-427-7175
<b>Legal Advocacy &amp; Resources Center</b>	800-342-LAWS <a href="http://www.larcma.org">www.larcma.org</a>
<b>MA Attorney General's Office</b> —Public inquiry & assistance center hotline	617-727-2200
<b>MA Commission Against Discrimination</b>	617-727-3990 <a href="http://www.mass.gov/mcad/">www.mass.gov/mcad/</a>
<b>MetroWest Legal Services</b> —Free legal aid to low-income people	63 Fountain St, Suite 304, Framingham (508) 620-1830 800-696-1501 <a href="http://www.mwlegal.org">www.mwlegal.org</a>
<b>NAACP</b>	508-587-0502 <a href="http://www.naACP.org">www.naACP.org</a>
<b>Norfolk Adult Day Health Center</b> —Alzheimer's caregiver support group	595 Pleasant St, Norwood 781-769-4495 <a href="http://www.communityvna.com/adhc">www.communityvna.com/adhc</a>

## Libraries

<b>Morrill Memorial Library</b>	33 Walpole St., Norwood 781-769-0200 <a href="http://www.norwoodlibrary.org">www.norwoodlibrary.org</a>
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## Mealsites/ Meal Delivery Programs

<b>Abundant Table</b> —Free hot meal Wed./Friday 5:30-6:30 open door policy	100 Winter St., Norwood 978-501-1264 <a href="http://www.abundant-table.org/">http://www.abundant-table.org/</a>
<b>HESSCO Meals on Wheels</b>	234 Walpole St., Norwood 781-762-5419 <a href="http://www.hessco.org/nutrition">www.hessco.org/nutrition</a>
<b>Norwood Meals on Wheels</b>	135 Ellis Ave., Norwood 781-769-9061 <a href="http://www.mealcall.org">www.mealcall.org</a>
<b>United Church</b> —Free hot meal Wed. 5:30 PM open door policy	595 Washington St. Norwood 781-762-2589

## Medical Equipment

<b>Betro's Pharmacy of Walpole</b> —Free Home Delivery	965 Main St., Walpole 508-668-0018 <a href="http://www.betropharmacy.com">www.betropharmacy.com</a>
<b>Healthwise</b>	175 Walpole St., Norwood MA 800-232-4112

## Mental Health Services

<b>Alliance for the Mentally Ill</b> — Welcomes families in the South Norfolk area who are dealing with mental illness and their loved ones	781-938-4048 Helpline: 800-370-9085
<b>Department of Mental Health</b> <b>Director: Peter Angelos</b>	5 Randolph St., Canton 781-401-9700 <a href="http://www.mass.gov/dmh/">www.mass.gov/dmh/</a>
<b>MA Dept. of Mental Health</b>	617-727-9842 800-221-0053 <a href="http://www.mass.gov/dmh">www.mass.gov/dmh</a>
<b>Nizhoni Health Systems</b> — Skilled nursing, physical therapy, home health aides, occupational therapy, daily medication management	5 Middlesex Ave Suite 404, Somerville 800-915-3211 <a href="http://nizhonihealth.com/">http://nizhonihealth.com/</a>
<b>Riverside Emergency Services</b> — 24/7 Crisis stabilization, substance abuse and risk assessment	190 Lenox St., Norwood 781-769-8674 <a href="http://www.riversidecc.org">www.riversidecc.org</a>
<b>Riverside Outpatient Center</b>	190 Lenox St., Norwood 781-769-8670 <a href="http://www.riversidecc.org">www.riversidecc.org</a>
<b>Southwest Suburban Site Board of the MA Dept. of Mental Health</b> — A board made up of volunteers who advocate for the mentally ill	<a href="http://www.mentalhelpinfo.org">www.mentalhelpinfo.org</a>
<b>Steward Norwood Hospital Crisis Hotline</b>	800-331-2900
<b>Westwood Lodge</b> — Hospitalization and inpatient services for children, adolescents, and adults experiencing a wide variety of psychiatric illnesses	45 Clapboardtree St, Westwood 781-762-7764 <a href="http://www.arbourhealth.com">www.arbourhealth.com</a>

## Money Management Programs

<b>Money Management Int'l Consumer Credit Counseling Services</b>	247 North Main St., Suite 200, Randolph 866-490-0437 <a href="http://www.moneymanagement.org">www.moneymanagement.org</a>
<b>Money Management Program (HESSCO)</b>	1 Merchant St., Sharon 781-784-4944 <a href="http://www.hessco.org/money">www.hessco.org/money</a>

## Moving Companies & Handyman Services

<b>Gallant Homeowner Services</b> —Small move outs, handyman and appt. cleaning	108 Wilson Rd., Norwood 781-762-6439
<b>Norwood Moving and Storage</b>	53 Mirror Lake Ave., Norfolk 508-762-1288

## Nursing Home & Rehabilitation Centers

<b>Charlwell House</b>	305 Walpole St., Norwood 781-762-7700 <a href="http://www.charlwellhousenursing.com">www.charlwellhousenursing.com</a>
<b>Ellis Nursing &amp; Rehab Center</b>	135 Ellis Avenue, Norwood 781-762-6880 <a href="http://www.theellis.com">www.theellis.com</a>
<b>Epoch Senior Health Care</b>	259 Norwood St., Sharon 781-784-6781 <a href="http://www.epochsl.com">www.epochsl.com</a>
<b>Golden Living Center- Dedham</b>	1007 East St., Dedham 781-329-1520 <a href="http://www.goldenlivingcenters.com">www.goldenlivingcenters.com</a>
<b>Golden Living Centers -Norwood</b>	460 Washington St., Norwood 781-769-2200 <a href="http://www.goldenlivingcenters.com">www.goldenlivingcenters.com</a>
<b>Harrington House</b>	160 Main St., Walpole 508-660-3080 <a href="http://www.kindredharrington.com">www.kindredharrington.com</a>
<b>Hellenic Nursing &amp; Rehab Center</b>	601 Sherman St., Canton 781-828-7450 <a href="http://www.hellenichome.com">www.hellenichome.com</a>
<b>Highgate Manor Center for Health and Rehab</b>	10 Carematrix Dr., Dedham 781-461-9663 <a href="http://www.highgatemanorcenter.com">www.highgatemanorcenter.com</a>
<b>Skilled Nursing Care at Orchard Cove</b>	1 Del Pond Dr., Canton 781-821-0820 <a href="http://www.hebrewseniorlife.com">www.hebrewseniorlife.com</a>
<b>Spaulding Rehab Hospital</b>	300 First Ave, Charlestown 617-573-7000 <a href="http://www.spauldingrehab.org">www.spauldingrehab.org</a>
<b>Victoria Haven Nursing Facility</b>	137 Nichols St., Norwood 781-762-0858 <a href="http://www.rehabassociates.com">www.rehabassociates.com</a>
<b>Wingate of Needham</b>	589 Highland Ave., Needham 781-455-9090 <a href="http://www.wingatehealthcare.com">www.wingatehealthcare.com</a>

## Religious Services

<b>Christian Science Church</b>	751 Washington St., Norwood 781-762-4135
<b>Emmanuel Lutheran Church</b>	24 Berwick St., Norwood 781-762-9457
<b>First Baptist Church of Norwood</b>	71 Bond St., Norwood 781-762-1633
<b>First Congregational Church of Norwood</b>	100 Winter St., Norwood 781-762-3320
<b>Grace Episcopal Church</b>	150 Chapel St., Norwood 781-762-0959
<b>Heritage Baptist Church</b>	198 Vanderbilt Ave., Norwood 781-551-8100
<b>Saint Catherine of Siena</b>	547 Washington St., Norwood 781-762-6080
<b>Saint Timothy's Church</b> —Parish Nurse for Parishioners	650 Nichols St., Norwood 781-769-2522
<b>Temple Shaare Tefilah</b>	556 Nichols St., #8670, Norwood 781-762-8670
<b>Trinity Community Church</b>	234 Walpole St., Norwood 781-762-8408
<b>United Church of Norwood</b>	595 Washington St., Norwood 781-762-2589

## Shelters

<b>Brockton Coalition for the Homeless, Inc</b>	508-587-5441
<b>Casa Nueva Vida</b>	978-557-5775 <a href="http://www.casaneuvavida.org">www.casaneuvavida.org</a>
<b>Father Bill's Place of Quincy</b>	617-770-3314 <a href="http://www.helpfbms.org">www.helpfbms.org</a>
<b>HopeFound</b>	617-938-0351

## Social Security

<b>Social Security Office (Norwood)</b>	One Edgewater Drive, Suite 102, Norwood 800-772-1213 <a href="http://www.ssa.gov">www.ssa.gov</a>
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## Suicide Prevention

<b>American Foundation for Suicide Prevention</b>	800-273-TALK (8255) <a href="http://www.afsp.org">www.afsp.org</a>
<b>Samaritans, Inc.</b> —A non-profit volunteer organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies	877-870-HOPE (4673) <a href="http://www.samaritanshope.org">www.samaritanshope.org</a>
<b>Samariteens</b> —Dedicated to assisting teens in despair. This helpline is free, confidential, and staffed by trained compassionate and supportive teenage volunteers	800-252-TEEN (8336)

## Support Groups

<b>Al-Anon Family Groups</b> —Helps family and friends of alcoholics	57 East Main St., Suite 109, Westborough 508-366-0556 <a href="http://www.ma-al-anon-alateen.org">www.ma-al-anon-alateen.org</a>
<b>Alcoholics Anonymous</b>	617-426-9444 <a href="http://www.aaboston.org">www.aaboston.org</a> <a href="http://www.aa.org">www.aa.org</a>
<b>Blessed Sacrament Church</b> —Bereavement support groups	Ten Diamond Street, Walpole (508) 668-4700 <a href="http://www.blessedsacrament.org">http://www.blessedsacrament.org</a>
<b>Norfolk Adult Day Health</b> —Caregiver support groups as well as many others at various locations	595 Pleasant St., Norwood 781-769-4495 <a href="http://www.communityvna.com/adhc">www.communityvna.com/adhc</a>
<b>NAMI (National Alliance on Mental Illness)</b> —Most current and up-to-date info on group meetings	800-370-9085 (info & helpline) 781-938-4048 <a href="http://www.namimass.org">www.namimass.org</a>
<b>Norfolk Adult Day Health</b> —Caregiver support group	595 Pleasant St, Norwood 781-769-4495 <a href="http://www.communityvna.com/adhc">www.communityvna.com/adhc</a>
<b>St. Margaret Mary Church</b> —Bereavement support groups; meets for certain	845 High St, P.O. Box 386, Westwood 781-326-1071 <a href="http://saintmmparish.org">http://saintmmparish.org</a>
<b>St. Timothy's Church</b> —Bereavement Support Groups, Alzheimer's Caregiver Support Groups	650 Nichols Street, Norwood 781-769-2522 <a href="http://sttim.net/">http://sttim.net/</a>
<b>Sunrise Senior Living Community</b> —Alzheimer's support group	86 Saunders Rd., Norwood 781-762-1333 <a href="http://www.sunriseseniorliving.com">www.sunriseseniorliving.com</a>
<b>Walpole Area Visiting Nurse Association</b> —Alzheimer's caregiver support group	55 West Street, Walpole 508-668-1066 <a href="http://www.wavna.org">www.wavna.org</a>
<b>Westwood Council on Aging</b> —Bereavement and support groups	60 Nahatan Street Westwood, MA 02090 781-329-8799 (office)

## Transportation

<b>MBTA</b>	617-222-3200 <a href="http://www.mbta.com">www.mbta.com</a>
<b>Norwood Family Taxi</b>	781-838-1675
<b>Norwood Senior Center</b> —Senior bus for elders 60 plus	275 Prospect St., Norwood 781-762-1201 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a>
<b>Norwood Town Taxi</b>	781-762-4567
<b>The Ride</b> —Para-transit service for people with disabilities	Eligibility Center 617-337-2727 <a href="http://www.mbta.com/theride">www.mbta.com/theride</a>
<b>Veterans Taxi and Harrison Global Transportation</b>	617-527-0300
<b>VIP Taxi of Norwood</b>	781-363-9370

## Veterans Affairs

<b>Dept. of Veterans Affairs and the Substance Abuse &amp; Mental Health Services Administration</b> —Veteran's suicide prevention hotline	800-273-TALK (8255)
<b>Home Base Program</b> —Services for any veteran no matter type of discharge	617-724-5202 <a href="http://www.homebaseprogram.org">www.homebaseprogram.org</a>
<b>Traumatic Brain Injury Hotline</b>	(888) VET-1TBI
<b>U.S. Department of Veteran Affairs</b>	<a href="http://www.va.gov">www.va.gov</a>
<b>Veterans Dept. of Norwood</b> <b>Director: Edmund Mulvehill</b>	Norwood Town Hall 566 Washington St., Norwood 781-762-1240 ext. 208 <a href="http://www.norwoodma.gov">www.norwoodma.gov</a>

## Youth & Child Services

<b>Bridge Over Troubled Water</b> —The place where homeless, high-risk, and runaway young people can turn for help. Serving over 5k youth each year, Bridge offers a comprehensive range of services designed to help young people to achieve a healthy and productive adulthood through prevention, interventions, health care, and education services.	617-423-9575 <a href="http://www.bridgeotw.org">www.bridgeotw.org</a>
<b>Child at Risk Hotline</b> —Where to report a possible child at risk	617-232-4882 <a href="http://www.jbcc.havard.edu/programs/hotline.htm">www.jbcc.havard.edu/programs/hotline.htm</a>
<b>National Runaway Switchboard</b>	800-RUNAWAY (786-2929)
<b>Parental Stress Line 24/7</b>	800-632-8188 <a href="http://www.parentshelpingparents.org">www.parentshelpingparents.org</a>
<b>Parents without Partners</b> —Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence, and sensitivity towards others by offering an environment for support, friendship, and the exchange of parenting techniques	800-637-7974 <a href="http://www.parentswithoutpartners.org">www.parentswithoutpartners.org</a>
<b>The Children's Advocacy Center</b> —Established by the Norfolk County District Attorney's Office to provide coordinated and sensitive response to children who experience physical, sexual, and domestic abuse	617-573-9800 <a href="http://www.machildrensalliance.org">www.machildrensalliance.org</a>
<b>TRACS (Transitional Resources &amp; Community Supports) South Shore Mental Health</b> —Opportunities for young adults to promote mental health recovery	500 Victory Rd, Quincy
<b>WIC</b> —A nutrition program that provides nutrition and health education, healthy food and other services free of charge to MA families who qualify	413-737-8868